

# Innimellom



## FROM THE EDITOR

*I am finishing up this edition of Innimellom on Memorial Day. As one who served and retired from military service, this is a special day of remembrance. Other nations around the world have similar holidays when they honor and recognize the ultimate sacrifice made by those who served and to express gratitude for the freedoms those sacrifices have helped secure. Whether it is called Remembrance Day, ANZAC Day, Armistice Day, Memorial Day, or Victory Day, it is a day of commemoration.*

*Peace and freedom cannot be taken for granted. Many have sacrificed much, and some have sacrificed everything. For all we have and all we are, we are indebted to those who answered their country's call.*

*We had a great turnout for the 17<sup>th</sup> of May and, thanks to your Board, there are many more exciting programs planned for the remainder of the year. See you soon.*

## FRA REDAKTØREN

*Jeg avslutter denne utgaven av Innimellom på Memorial Day. Som en som tjenestegjorde og pensjonerte seg fra militærtjeneste, er dette en spesiell minnedag. Andre nasjoner rundt om i verden har lignende høytider når de hedrer og anerkjenner det ultimate offeret som ble gjort av de som tjente og for å uttrykke takknemlighet for frihetene disse ofrene har bidratt til å sikre. Enten det kalles Remembrance Day, ANZAC Day, Armistice Day, Memorial Day eller Victory Day, er det en dag til minne.*

*Fred og frihet kan ikke tas for gitt. Mange har ofret mye, og noen har ofret alt. For alt vi har og alt vi er, står vi i gjeld til de som svarte på landets kall.*

*Vi hadde et stort oppmøte den 17. mai, og takket være styret ditt er det mange flere spennende programmer planlagt for resten av året. Vi sees snart.*

# CALENDAR OF EVENTS

## June - July

Date		Scheduled Event
June 11	Wed 7:30 p.m.	Vesterheim Board Meeting - Contact Erik for Zoom link at eriksirnes@hotmail.com Meeting is open to all members
June 19	Thurs 1-3 p.m.	Book Club <i>Will and Testament</i> by Vigdis Hjorth (see p. )
June 28	Sat 6-8:00 p.m.	Vesterheim General Meeting Pizza at Erik's
June 28-29	Sat 12-9:00 p.m. Sun 11- 6:00 p.m.	The 32 <sup>nd</sup> annual Scandinavian Midsummer Festival at Civic Green Park in Highlands Ranch, CO
July 4	All Day	Independence Day

**Start gathering your items for the upcoming garage/yard sale in Erik's neighborhood in September. This will be the lodge's largest fundraiser of the year and your contributions are needed.**

### VESTERHEIM LODGE 6-118 OFFICERS AND CHAIRPERSONS 2024

\*President - Erik Sirnes

\*Vice Pres.- Erling Westgaard

\*Secretary - Cathy Allen

\*Asst. Sec - Esther Mills

\*Membership - Rhonda Fadum

\*Treasurer - Erik Sirnes

Auditor Lori McLean

\*Counselor - Garry Gorsuch

Cultural Dir.- OPEN

\*Editor - John Kennedy

Historian - John Kennedy

Marshalls - OPEN

Musician - Caryl Stalick

Road Cleanup - Erik Peters

Social Dir. - Lori McLean

Sunshine - Cheryle Kapsak

Trustee - OPEN

Youth Sports - Erik Sirnes

Website - Cathy Allen

\* Indicates Voting Board Members

Greeters - Addy Martinez

- Ole Fadum

- Joan Cleland

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# Norwegian Summer Camp

- Alta, California -

<b>FOLKEHØGSKULE</b> <b>June 29-July 12</b> Ages 14-17	<b>CAMP TROLLFJELL</b> <b>July 13-July 26</b> Ages 8-13
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Norwegian Lessons | Rosemaling | Folk Dancing | Games | & More!

[www.sofn6.org/arv](http://www.sofn6.org/arv)

**Registration is now open for Norwegian Youth Language and Heritage Summer Camps!**

Folkhøgskole (ages 14-17) - June 29-July 12, 2025  
Camp Trollfjell (ages 8-13) - July 13-26, 2025

Register & learn more at: [sofn6.org/arv/](http://sofn6.org/arv/)

## Midsummer festival coming to Highlands Ranch

SCANDINAVIAN ALLIANCE OF COLORADO PRESENTS

**SAT. 6/28**  
**12PM-9PM**

50+ SCAND/  
VENDORS

TRADITIONAL  
DANCE  
MUSIC  
FOOD

VALKYRIE DANCE  
COLLECTIVE

FJELLBORG VIKINGS  
CAMP & BATTLES

BEER GARDEN  
LEIF THE VIKING

**\$10 ADMISSION**  
KIDS 12 and under FREE

**SUN 6/29**  
**11AM-6PM**

NORDIC DAUGHTER  
FOLK ROCK BAND

DJ Khankurra


FREE CRAFTS  
ACTIVITIES  
FOR ALL AGES

KIDDIE VIKE

SAAB & VOLVO  
CAR SHOW

SCANDINAVIAN  
CULTURAL  
ORGANIZATIONS

**FUN FOR ALL AGES!**



**Scandinavian**  
MIDSUMMER FESTIVAL

CIVIC GREEN PARK  
HIGHLANDS RANCH, COLORADO

**JUNE SAT 28TH & SUN 29TH 2025**



## Bok Klubb - Book Club

For June, *Will and Testament* by Vigdis Hjorth is the book choice for May and is a controversial bestseller from one of Norway's most highly regarded novelists. This emotional novel is a wrenching look at a fractured family and a meditation on their trauma and memory. Four siblings, two summer houses and one terrible secret.

The library has a few copies, and used books are available for purchase.

Please RSVP to Grete at [gretejansen@msn.com](mailto:gretejansen@msn.com).

Book by month decisions:

June: Inger

July: Joy

Aug/Sept Esther and/or Kathy

### Emigration Anniversary Events at Vesterheim

In 2025, the Norwegian Embassy is commemorating the 200th anniversary of Norwegian emigration. [Vesterheim Norwegian-American Museum](#) in Decorah, Iowa, have some exciting things planned, including calendars, blog posts, YouTube videos, and more. Their new exhibit, "200 Years of Norwegians in America," will be on view through January 31, 2026. [Click here](#) to learn more.

GRATULERER MED DAGEN



June

- Kristian Sirnes 6/4
- Esther Mills 6/10
- Kaitlin Dailey 6/13
- Astrid Ogilvie 6/21
- Juliet Serrato 6/21
- Sasha Laugen 6/24

### Other Upcoming Dates of Note

- June 8 Pentecost
- June 9 Whit Monday
- June 15 Farsdag (Father's Day)
- June 19 Juneteenth



### SONS OF NORWAY MISSION STATEMENT

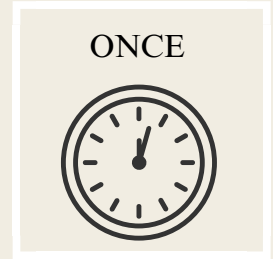
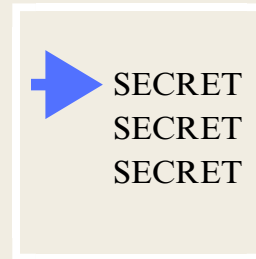
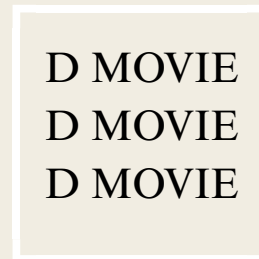
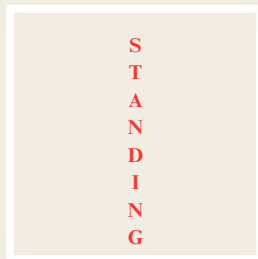
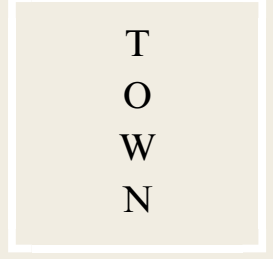
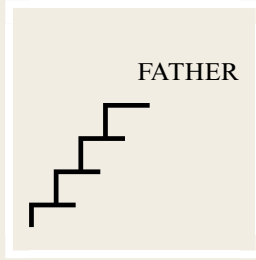
The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Nordic countries.





# Barnesider

## Rebus and Riddles / Rebus og Gåter



1. I am an odd number. Take away a letter and I become even. What number am I ?
2. What do the numbers 11, 69, and 88 all have in common?
3. If 2 is company and 3 is a crowd, what are 4 and 5?
4. I add 5 to 9 and get 2. The answer is correct, so what am I?
5. Rachel goes to the supermarket and buys 10 tomatoes. Unfortunately, on the way back home, all but 9 get ruined. How many tomatoes are left in a good condition?
6. What is  $\frac{3}{7}$  chicken,  $\frac{2}{3}$  cat, and  $\frac{2}{4}$  goat?
7. If you multiply this number by any other number, the answer will always be the same. What number is this?
8. What three numbers give the same result when multiplied and added together?
9. A tree doubled in height each year until it reached its maximum height over the course of ten years. How many years did it take for the tree to reach half its maximum height?
10. What do the letter "t" and an island have in common?

# Barnesider

## Things to Like About Norway

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.



ALLEMANNSRETT  
ALTFORNORGE  
AMUNDSEN  
BARNETOGET  
BERGEN  
DAIM  
DRONNINGENSONIA  
FOSSE  
FRIHET

FRILUFTSLIV  
GEITOST  
GRIEG  
HAMSUN  
HYGGE  
IBSEN  
KONGHARALD  
MELKESJOKOLADE  
NANSEN

NASJONALDAGEN  
OSLO  
SLOTTET  
SYTTENDEMAI  
TROMSO  
TRONDHEIM  
UNDSET  
VIKING

(Barnesider answers are on bottom of page 10.)

## *Where's Tove Quiz*



Continuing with the theme, another monument to those lost. To whom and where located.

### **Last Month's Answer**



The Krigsseilermonumentet – titled "Mange skip og sjøfolk kom aldri i havn" (*Many ships and sailors never reached harbour*) – is a poignant bronze sculpture in Trondheim, Norway, honoring Norwegian merchant sailors who perished during World Wars I and II. Unveiled in 1982, it was created by renowned sculptor Kristofer Leirdal and stands on Krigsseilerplassen near the Royal Garden Hotel, close to the Nidelva. The monument serves as a solemn reminder of the sacrifices made by Norwegian seafarers. It remains a focal point for commemorations, particularly on Liberation Day (May 8), when wreath-laying ceremonies honor the memory of these sailors.

## *Name That Artifact*



My thanks to Erling for giving me this idea for an artifact. This is an unique utensil and, as luck would have it, the May edition of the Sons of Norway has an article on the items producer. What is it and what is it used for? (see page 9 for the answer)

## *Norwegian Genealogy*

There are two classes each month. Fjelldalen Lodge meets by zoom on the first Saturday of each month 9:30-12:00. Trollheim Lodge meets in-person on the second Saturday of each month from 10-12:00.

If you are interested in looking for your Norwegian ancestors and would like more information about either class, contact Esther Mills.

*Millser2@msn.com.*

### **The Norwegian American**

For those wanting to follow current events in Norway, I recommend going to the website [norwegianamerican.com/2025-history](http://norwegianamerican.com/2025-history) for a variety of stories. At the top of the page you will find E-Issues and this will allow you to see both Norwegian and English articles. It is a very enjoyable read.





**Vesterheimen Lodge's  
Den Norske Kokebok  
(The Norwegian Cookbook)**

*Sveler  
Griddle Cakes*



**\*Makes about 18 sveler**

For the griddle cakes:

- 3 large eggs, at room temperature
- $\frac{3}{4}$  cup (150 g) granulated sugar
- $\frac{1}{2}$  cup (112 g) butter, melted
- 3 cups (720 ml) buttermilk/kefir
- 3 cups (360 g) all-purpose flour
- 1 teaspoon baking soda

For the buttercream:

- $\frac{1}{2}$  cup (112 g) butter, softened
- $\frac{2}{3}$  cup (80 g) confectioners' sugar
- 5 tablespoons granulated sugar

In a large bowl, combine the eggs and sugar and whisk until fluffy. Whisk in the melted butter, followed by the buttermilk. Combine the flour and baking soda, add to the batter, and stir gently until combined. Let stand for about 20 minutes—the dough will swell.

Heat a takke (griddle) to medium heat or place a large frying pan directly on the stove over medium heat, and lightly butter.

Ladle some batter onto the hot griddle or pan to make several 6-inch (15 cm) round griddle cakes. Cook for 2 minutes or until bubbles appear on top and the bottoms turn golden brown. Flip the griddle cakes and cook for 2 minutes more or until the other side is golden brown. Transfer to a plate and keep warm. Continue making griddle cakes, using the remaining batter and adding butter to the takke or pan as needed.

While the griddle cakes are cooling, make the buttercream by combining the softened butter, confectioners' sugar, and granulated sugar in a bowl. Spread buttercream on the warm griddle cakes and serve them folded in half.

Store leftover cakes without filling in an airtight container or cover with foil and refrigerate for up to 3 days.

**Recipe credit: Nevada Berg, North Wild Kitchen as seen in Sons of Norway Magazine, November 20, 2023.**

## Glassverk Industriet

Hadeland Glassverk and Randsfjord Glassverk represent two facets of Norway's industrial glass history: the artistic and enduring legacy of Hadeland, and the more utilitarian and transient history of Randsfjord. Together, they illustrate the evolution of Norwegian glassmaking from the 18th century through to the modern day. This is an excellent day trip for the next time you are in Oslo.

Hadeland Glassverk was the subject of the article *Centuries of the Craft* by Linnea Henning in the May edition of the Sons of Norway magazine. For the article, click on the following link:  
<https://www.sofn.com/blog/centuries-of-the-craft/>.

Hadeland Glassverk is one of the oldest industrial companies in Norway and among the oldest continuously operating glassworks in northern Europe. It was founded in 1762 by Count Christian Conrad Danneskiold-Laurvig, an admiral and also the Secretary of War for Denmark. Inspired by continental European glassworks, it produced utility glassware like bottles and jars; however, by the mid-1800s, it had transitioned to finer crystal and decorative glass. The demand grew to the extent that the company imported skilled glassblowers from abroad, contributing to a rise in quality and complexity. Today, Hadeland Glassverk operates as a combined production facility, tourist attraction, museum, and shopping center.



Examples of Hadeland products

A smaller and lesser known glass manufacturer located in the same region near Lake Randsfjorden was Randsfjord Glassverk, founded in 1863. This period coincided with the expansion of water power and transportation in Norway. The company primarily focused on bottle and window glass production, meeting the growing demand from urbanization and modernization. Unlike Hadeland, it did not significantly transition into art or crystal glass production.

Randsfjord Glassverk faced increasing competition from mass production facilities abroad in the 20th century and eventually ceased operations. Often overshadowed by the more artistically renowned Hadeland Glassverk, it still played an important role in the broader industrial heritage of the region.

Here are a few examples of the artistic products from Randsfjord Glassverk:



### Name that Artifact (Answer)

There are many ways to serve aquavit but this is my favorite. The container holds 6 ounces of the liquid. You pour your drink into the glass, drink, and then replace the nipple of the glass back into the container opening. When you can no longer place it into the hole, you are cut off from further drinking.

# News from Norway

## A Royal Greeting

**17. mai** was Norwegian National Day – Syttende Mai! Norwegian Ambassador Anniken Huitfeldt forwarded via *Norge Nå* the message in honor of the occasion from His Majesty King Harald V and Her Majesty Queen Sonja of Norway.



Ambassadør Anniken Huitfeldt  
Washington

Vi takker for hyggelig hilsen til Kongefamilien i anledning 17. mai. Vi sender våre beste ønsker for nasjonaldagen og fremtiden – til ansatte ved ambassaden med familier, nordmenn og norsk-amerikanere, samt venner av Norge i USA.

*Harald V*

*Sonja*

"The Royal Family thanks you for your kind greetings on the occasion of May 17. We send our best wishes for Norwegian National Day and the future – to the staff at the Embassy with their families, Norwegians and Norwegian-Americans, and friends of Norway in the United States of America."

## Barnesider (answers):

**Rebus-** a. stepfather, b. misunderstood, c. walk in the park, d. one in a million, e. you're under arrest, f. walking on ice, g. I see you understand, h. downtown, Standing upright, j. 3-D movies, k. top secret, l. once upon a time

**Riddles:** 1. Seven, 2. They look the same upside down, 3. 9, 4. You are a clock, 5. 9, 6. Chicago, 7. Zero, 8. 1, 2, and 3; 9. 9 years, 10. They are both in the middle of water

## Noctourism

According to Booking.com, "noctourism" – short for nocturnal tourism – is on the rise. Nocturnal tourism is the concept of planning a holiday around experiences that occur after the sun goes down. Booking.com is so confident in "noctourism" that they predict it will be among 2025's most sought-after travel experiences. It provides a whole new world of opportunity that the regular tourist likely has not partaken in.

The trend is already evident with the Northern Lights in Norway. Searches for places in Tromsø, Norway, doubled in the months leading up to the end of October 2024, compared with the same timeframe the year prior. People are excited about the chance to see the Northern Lights and are flocking to Norway to make their dreams a reality. Norway is just one example of the gems for noctourism; there are a plethora of places around the world that hold intriguing stories after dark, just waiting to be heard.

## New NATO Facility

NATO already has Combined Air Operations Centers (CAOC) in Germany and Spain and now wants a third one in Norway. The center, like the others, will "plan, direct, task, control, coordinate, supervise and support" NATO air operations in the Nordic region and Northern Europe in times of "peace, crisis and conflict," according to the prime minister's office. NATO itself is set to invest nearly NOK 9 billion in its new CAOC in Norway, which is expected to have as many as 400 employees from several NATO countries who'll be monitoring all activity in the air over the Nordic area.



## Syttende Mai

### Vesterheim Style - Mange takk for alle insatsene.

A great time was had by all who attended the celebration at Atonement Lutheran Church. It was an opportunity to celebrate and talk of Norway with new and older members. Following *Barnetoget* we met to sample all of the food and drink organized by Lori McLean and her many assistants who contributed to the food fest. Our lodge member, Col. Mitch Utterback, USA (Ret.), arrived in his WWII-period uniform as an homage to the 80<sup>th</sup> anniversary of the Syttende Mai celebration held in Trondheim, Norway, where Major William Colby led his men from the Office of Strategic Services Norwegian Special Operations Group (OSS NORSO) in the parade. For more information on Colby and *Operation Rype*, see Mitch's article in the Mar/Apr *Viking Magazine*.



# Friluftstid

Always looking for new angles for stories, I like to review what is offered by other lodges. One such article was in Solbakken Lodge's newsletter. What caught my eye on the page was an advertisement for Fridtjof Nansen Lodge's 95<sup>th</sup> anniversary with a picture of a young Fridtjof Nansen (1861-1930) and his ship, *Fram*.

Whether it was intentional or not, there was an un-attributed article vacationing in Norway and *friluftsliv* directly below the advertisement. Nansen was one of the greatest proponents of *friluftsliv*. In literature, Henrik Ibsen (1828-1906) is attributed with the first use of the word, although the concept has long been a part of Norwegian life. The concept has been much studied over the last fifty years and has become championed as an environmental philosophy. Ibsen wrote in his poem *På Vidderne*:

I den øde Sæterstue  
Al min rige Fangst jeg sanker;  
Der er Krak og der er Grue,  
Friluftsliv for mine Tanker.

## Here is a shortened version of the article:

Do you want to take a pleasant vacation in Norwegian nature? Then you should be prepared. Norwegians are known for hiking in forests and fields. The Norwegian Tourist Association (DNT - Den Norske Turistforening) has a website with tour suggestions called [UT.no](http://UT.no). "We've had a 43 percent increase in the number of users," says Veronica Solbak in a press release. She is an editor for UT.no. DNT has extracted the five destinations most searched for on the website. They are: *Dronningstien* in Hardanger, *Aurlandsdalen*, tour of *Hardangervidda*, *Romsdalseggen* and *Trekanten* in Trollheimen.

*Norsk Friluftsliv* writes in a press release that the leave no trace movement is part of the right to roam. *Allemannsretten*, or the right to roam, gives you the right to use open land freely. You can hike, camp and pick berries. Outland areas are forests, mountains, marshes and coastal areas. Inland areas, are generally inaccessible to tourists, are yards, house plots, cultivated land and the like. Along with rights there is also a code of conduct. This means showing consideration for others and for nature. Above all, you must not harm nature.

As we live in Colorado, the concept of *friluftsliv* is not lost upon us. The weather will soon allow more of us to hit the trails and camp. DNT, with their wealth of experience and knowledge, has put out a set of rules (a code, if you will) to follow as you start your hiking season. If you take these rules to heart, you will have a safe and enjoyable season.

## De nye fjellvettreglene - The New Mountain Rules (Good for year-round hiking and other backcountry activities)

1. **Plan your trip and inform others about the route you have selected.**
2. **Adapt the planned routes according to ability and conditions.**
3. **Pay attention to the weather and the avalanche warnings.**
4. **Be prepared for bad weather and frost, even on short trips.**
5. **Bring the necessary equipment so you can help yourself and others.**
6. **Choose safe routes. Recognize avalanche terrain and unsafe ice.**
7. **Use a map and a compass. Always know where you are.**
8. **Don't be ashamed to turn around.**
9. **Conserve your energy and seek shelter if necessary.**